



# CRANBERRY

## Healthy Serving Hints

- ◆ Mix into a home-made trail mix or granola
- ◆ Add to baked goods such as muffins, breads, and cookies
- ◆ Stir into a bowl of oatmeal or yogurt
- ◆ Toss a handful of frozen cranberries into a smoothie
- ◆ Fresh or frozen cranberries can be added to pies – apple cranberry is especially delicious!

## Home Grown History

Cranberries are a fruit that is native to North America. Native Americans used cranberries as a staple as early as 1550. They ate cranberries fresh, ground, or mashed with cornmeal and baked into bread. They also mixed berries with wild game and melted fat to form pemmican, a survival ration for the winter months. Maple sugar or honey was used to sweeten the berry's tangy flavor.



In 1816, Captain Henry Hall became the first to cultivate cranberries in Massachusetts. In 1860, Edward Sackett of New York came to Berlin, Wisconsin to inspect some land. He found 700 acres of wild cranberry vines, and he decided to cultivate his bogs.

During the early 1890s, the center of the Wisconsin cranberry industry shifted to the Cranmoor area, just west of Wisconsin Rapids. Later developments occurred in Black River Falls, Warrens, and Tomah. Cranberries are now grown in 20 counties across central and northern Wisconsin.



Image from [www.uscranberries.com](http://www.uscranberries.com)

## Picking Produce

- ◆ *Fresh* cranberries can be found October through December at most grocery stores. They can be stored in the refrigerator up to one month. Look for brightly colored, firm berries.
- ◆ *Frozen* cranberries can typically be found year-round, or you can freeze fresh cranberries, which will stay good for up to a year. If a recipe calls for cranberries in which they will be cooked, there is no need to thaw them.
- ◆ *Dried* cranberries are typically higher in sugar and fat, with less beneficial nutrients as fresh or frozen varieties. However, they are still a great snack or addition to recipes!

## Cranberry-Stuffed Acorn Squash

Makes 2-4 servings

Ingredients:

- 1 acorn squash, halved, deseeded
- 3 Tbsp butter, divided
- 2 Tbsp brown sugar, divided
- ¼ c cranberries, fresh
- ½ c apple, peeled, cubed (½ inch)
- ¼ c old-fashioned oats
- ¼ tsp ground cinnamon

Directions:

1. Brush squash halves with 1 Tbsp melted butter and top with 1 Tbsp brown sugar.
2. In a bowl, mix cranberries, apple, oats, cinnamon, and 1 Tbsp brown sugar.
3. Spoon mixture into squash halves and top each half with 1 Tbsp butter.
4. Bake at 400° F for 55 minutes, cover with foil and bake 15-20 minutes (until tender).
5. Allow to cool slightly before serving.

Recipe retrieved from <http://www.bonappetit.com/recipes/article/10-things-to-do-with-fresh-cranberries>

## Health Benefits

You may often hear cranberries, as well as many other foods, talked about as “superfoods,” but what exactly does this mean? Essentially, the term is just a marketing tactic used to describe foods with supposed health benefits. In the case of cranberries, it is true that they boast numerous health benefits. Specifically, cranberries are a good source of vitamin C and fiber. However, the aspect that really sets cranberries apart from other fruits and veggies, is their plentiful supply of phytonutrients. Phytonutrients are natural chemicals in plants that help prevent disease and keep the body in good working condition. To reap the most benefits, whole cranberries are best, but dried cranberries and cranberry juice can be part of a healthful diet as well. Just be sure to watch out for added sugars.

### How much fruit do I need?

Children 2-3 years	Children 4-8 years	Females 9-18 years	Females 19-30 years	Females 31+ years	Males 9-13 years	Males 14+ years
1 cup	1 to 1 ½ cups	1 ½ cups	2 cups	1 ½ cups	1 ½ cups	2 cups

The amount of fruit and vegetables you need to eat depends on age, sex, and level of physical activity. These are average recommended daily amounts for individuals who get less than 30 minutes per day of moderate physical activity. Individuals may require more or less than the recommended daily amounts depending on lifestyle and health conditions.

## Fun Facts

- ♦ Wisconsin produces more cranberries than any other U.S. state.
- ♦ The cranberry is Wisconsin’s official state fruit.
- ♦ Wisconsin produces enough cranberries annually to supply every human on the planet with 26 cranberries.
- ♦ Cranberries are not actually grown in water, but rather on vines in marshes. These marshes are then flooded with water to aid in the harvesting process.



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